



Children and young people, parents and carers in crisis can call the Alder Hey CAMHS crisis care line 24 hours a day, seven days a week on 0151 293 3577 or freephone 0808 196 3550

TEXT: If you're under 18 text GREEN to 85258 and if you're 18 and above text HEAL for immediate support. Find out more [here](#).

They should only present to Accident Emergency Department if they need medical treatment or are struggling to keep themselves safe in the immediate moment.

Christmas support at YPAS



YPAS is open over the Christmas holiday period for children and young people aged 5 – 25 and parents/carers from Liverpool and Knowsley.

If a child or young person is struggling with emotional and psychological distress, and consider themselves to be in a self-defined crisis or feeling lonely and isolated over the holiday period and need a listening ear, the City Centre Hub will offer them safe space. Trained professionals will be there to listen and support them through a difficult time.

CRISIS WALK-IN SERVICE

(for all 5-25 year olds & parents/carers from Liverpool and Knowsley)

Christmas Hours

Monday 27th Dec	1pm - 6pm
Tuesday 28th Dec	1pm - 6pm
Wednesday 29th Dec	1pm - 6pm
Thursday 30th Dec	1pm - 6pm
Friday 31st Dec	1pm - 6pm
Monday 3rd Jan	1pm - 6pm

- Struggling with your mental health
- Yourself or your child are in a crisis
- Feeling lonely & isolated
- Need a listening ear
- Safe Space
- Trained staff
- Support through difficult times



CRISIS WALK-IN SERVICE

(for all 5-25 year olds & parents/carers from Liverpool and Knowsley)

From 4th January 2022

Monday	10am - 8pm
Tuesday	10am - 8pm
Wednesday	10am - 8pm
Thursday	10am - 8pm
Friday	10am - 8pm
Saturday	1pm - 6pm

- Struggling with your mental health
- Yourself or your child are in a crisis
- Feeling lonely & isolated
- Need a listening ear
- Safe Space
- Trained staff
- Support through difficult times

Available at all 3 Community Hubs



[See the YPAS What's On Calendar here](#)

Online support from Kooth



Kooth CAMHS support provides free, safe and anonymous online support for young people.

Seasonal opening hours are:

[Find out more about Kooth here](#)

- Mon 20th Dec 12 noon - 10:00pm
- Tues 21st Dec 12 noon – 10:00pm
- Wed 22nd Dec 12 noon – 10:00pm
- Thurs 23rd Dec 12 noon – 10:00pm
- Fri 24th Dec **Christmas Eve** 12 noon - 8:00pm
- Sat 25th Dec **Christmas Day** 4:00pm - 8:00pm
- Sun 26th Dec **Boxing Day** 6:00 – 10:00pm
- Mon 27th Dec 4:00pm - 8:00pm
- Tues 28th Dec 4:00pm - 8:00pm
- Wed 29th Dec 12 noon – 10:00pm
- Thurs 30th Dec 12 noon – 10:00pm
- Fri 31st Dec **New Year's Eve** 12 noon - 6:00pm
- Sat 1st Jan **New Year's Day** 4:00pm - 8:00pm
- Sun 2nd Jan 6:00pm – 10:00pm
- Mon 3rd Jan 4:00 – 8:00pm